

CANOE TRIP MENU - Generous portions of fresh and freeze-dried foods.

Important Notes: Check the meals you prefer and be sure to indicate your beverage choices and optional items needed. The first breakfast and last dinner are usually eaten in town, so these will not be packed unless requested. Menu choices apply to entire party. Meals may be repeated (except the first two dinners which are fresh and should be eaten in the order shown). All lunches except #8 & 10 can be prepared without a fire.

*Cross out any items not wanted. Write in any additional items or substitutions. We'll do our best to accommodate. Vegetarian meals available upon request.

Staple Items (Always Included)

- Bread (please ✓)
- White Wheat Tortillas
- Margarine
- Vegetable Oil
- Salt/Pepper
- Toilet Tissue
- Liquid Soap
- Soap Pads
- Matches
- Paper Towels

Indicate Number of Persons Desiring Each Item

- Coffee - Regular
- Coffee - Instant
- Coffee - Instant Decaf.
- Hot Chocolate
- Tea
- Sugar
- Coffee Creamer
- Artificial Sweetener

Lunch Beverage Choice

- Sugared Fruit Drink
- Sugar-Free Drink (less weight)
- Include Both

Optional Items (packed only if checked)

- Mustard
- Ketchup
- Fish Breading
- Tartar Sauce
- Lemon Juice
- Instant Soup
- Fresh Onions
- Extra Potatoes
- Prunes
- Popcorn
- Marshmallows
- Hard Candy
- Steak Sauce
- Aluminum Foil

Substitute

- Chicken Breast instead of steak (1st dinner)
- Polish Sausage instead of Ham (2nd dinner)

	BREAKFAST	LUNCH	DINNER
<input type="checkbox"/>	First Breakfast Not Included (See Important Notes Above)	Summer Sausage & Cheese Sandwiches, Cookies, Fruit Drink	Fresh Steak Boiled Potatoes, Carrots, Pudding, Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Fresh Eggs, Bacon Toast & Jelly, Coffee/Tea/Hot Choc.	Peanut Butter & Jelly Sandwiches, Chocolate Bar, Fruit Drink	Fresh Ham, Corn, Mashed Potatoes, Applesauce Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Pancakes w/Syrup Bacon Coffee/Tea/Hot Choc.	Cheese & Crackers Granola Bar, Dried Fruit Fruit Drink	Chicken Rice Dinner Chocolate Cheesecake Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Fresh Eggs English Muffin, Coffee/Tea/Hot Choc.	Summer Sausage Sandwiches, Fruit Bar Fruit Drink	Beef Stew on Potatoes Pudding Coffee/Tea/Hot Choc.
<input type="checkbox"/>	French Toast w/Syrup Orange Juice, Coffee/Tea/Hot. Choc.	Peanut Butter & Jelly Sandwiches, Chocolate Bar Fruit Drink	Spaghetti & Sauce Vegetables Cookies Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Instant Oatmeal Raisins, Coffee/Tea/Hot Choc.	Quick Trail Lunch Beef Jerky, Fruit Bar, Gorp Energy Mix, Fruit Drink	Fettuccini Alfredo Apple Cobbler Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Pancakes w/Syrup Orange Juice Coffee/Tea/Hot Choc.	Tuna Fish Sandwich Fruit Bar Fruit Drink	Beef Stroganoff, Corn Granola Bar Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Western Omelette Breakfast Bar Coffee/Tea/Hot Choc.	Macaroni & Cheese, Cookies Fruit Drink	Chicken Stew Chocolate Cheesecake Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Granola Cereal w/milk Juice Coffee/Tea/Hot Choc.	Quick Trail Lunch Cheese & Crackers, Granola Bar, Gorp Fruit Drink	Louisiana Beans & Rice Vegetable, Pudding Coffee/Tea/Hot Choc.
<input type="checkbox"/>	Hash Brown Egg Scramble Fruit Bar Coffee/Tea/Hot Choc.	Spaghetti & Sauce, Chocolate Bar, Fruit Drink	Last Dinner Not Included (See Important Notes Above)

Please Pack Food In: Standard Pack

Bear-Proof Food Barrel

**- This menu contains no cans or bottles in accordance -
with Federal regulations**